

## ABSTRAK



SKRIPSI, Juli 2020  
Bayu Panji Pangestu  
Program Studi S-1 Fisioterapi  
Fakultas Fisioterapi  
Universitas Esa Unggul

### **HUBUNGAN DERAJAT ARCUS FLAT FOOT TERHADAP KESIMBANGAN DINAMIS PADA PEMAIN BASKET DENGAN KASUS SPRAIN ANKLE KRONIS**

Terdiri dari VI Bab, 77 Halaman, 4 Tabel, 7 Gambar, 2 Skema, 8 Lampiran

**Tujuan:** Mengetahui Hubungan derajat arcus *flat foot* terhadap keseimbangan dinamis pada pemain basket dengan kasus sprain ankle kronis. **Metode:** Penelitian ini merupakan jenis penelitian Correlation, Sampel terdiri dari 50 orang pemain Basket rekreasi yang berusia 17-25 tahun yang merupakan pemain basket rekreasi dari club DC BALLERS Alam sutera. Alat ukur yang digunakan adalah Cipaux Smirak Indeks untuk derajat arcus dan Star Excursion Balance Test untuk keseimbangan dinamis **Hasil:** Uji korelasi dengan Pearson Correlation Test didapatkan hubungan yang bermakna dengan nilai  $p = 0,005$  ( $p > 0,05$ ) dengan  $r = -0,392$ . Rata-rata dengan standart Deviasi  $50,48 \pm 2,964$  dan pada Keseimbangan Dinamis  $77,68 \pm 7,924$ . **Kesimpulan :** Terdapat hubungan yang bermakna antara Derajat arcus flat foot terhadap keseimbangan Dinamis dengan kasus sprain ankle kronis.

**Kata Kunci :** Derajat arcus Flat foot , Keseimbangan dinamis, Basket

## ABSTRACT



UNDERGRADUATE THESIS, Juli 2020

Ta

S1 Programe of Physicaltherapy

Faculty of Physicaltherapy

Esa Unggul University

### **THE RELATIONSHIP OF ARCUS FLAT FOOT DEGREE ON DYNAMIC BALANCE ON BASKETBALL PLAYERS WITH THE CHRONIC ANKLE SPRAIN CASE**

Consists of Chapter VI, 77 Pages, 4 Tables, 7 Pictures, 2 Schemes, 8 Attachments

**Objective:** To determine the relationship of the degree of arcus flat foot to dynamic balance in basketball players with chronic ankle sprain cases. **Method:** This research is a Corelation research. The sample consisted of 50 recreational basketball players aged 17-25 years who were recreational basketball players from the DC BALLERS Alam Sutera club. Measuring instruments used are the Cipaux Smirak Index for the degree of the arcus and the Star Excursion Balance Test for dynamic balance Results: Correlation test with the Pearson Correlation Test found a significant relationship with the value of  $p = 0.005$  ( $p > 0.05$ ) with  $r = -0.392$ . The average standard deviation is  $50.48 \pm 2.964$  and at  $77.68 \pm 7.924$  Dynamic Equilibrium. Conclusion: There is a significant relationship between the degree of flat foot arcus and dynamic balance with cases of chronic ankle sprain.

**Keywords:** Flat foot arcus degree, dynamic balance, basketball



